



San Luis Obispo County, California

If You Don't Smoke, Don't Start

Tobacco Education, Prevention, Stop Smoking

The San Luis Obispo County Public Health Department provides education, prevention and stop smoking programs to reduce the use of tobacco products and the harmful effects of secondhand smoke.

To reduce secondhand smoke and access to tobacco by youth, our department utilizes these education and prevention programs:

- We design and deliver educational programs to promote the benefits of cessation as the means to eliminate the harmful effects of secondhand smoke for parents with young children and child care providers
- We monitor public complaints of California's law for a smoke-free workplace
- We implement programs to educate merchants, youth and the community about the harmful effects of tobacco and the influence of the media on tobacco sales
- We sponsor health fairs and maintain a lending library of educational resources
- We support law enforcement, monitor complaints and influence public policy to reduce youth access to tobacco

To help people who want to quit smoking, we offer these services:

- Free support groups and individual counseling to eliminate use of tobacco products and offer free nicotine patches to eligible clients
- Stop smoking services for pregnant women

Contact us:

San Luis Obispo Office
805-781-5564

Adult Smoking Rates

2003 San Luis Obispo County: 16.0%

2005 State of California: 14.0%

Youth Smoking Rates

2005 San Luis Obispo County: 20.0%

2004 State of California: 13.2%